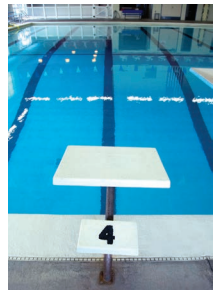




## Program Guide



September 2015 – August 2016

# Welcome to the Knoxville Recreation Center!



**Brandon Nemmers**  
Recreation Director  
bnemmers@knoxvilleia.gov



**Angie Jones**  
Wellness Supervisor  
ajones@knoxvilleia.gov



**Ranae Rozenboom**  
Office Manager  
rrozenboom@knoxvilleia.gov



**Jerry Ayers**  
Maintenance  
jayers@knoxvilleia.gov

## Our Mission

The Knoxville Recreation Department is dedicated to providing a variety of recreation, fitness and wellness opportunities to enhance the quality of life for people in the Knoxville area and to maintaining facilities and services to meet the community needs.

## **Recreation Commission**

We want your visit to the Recreation Center to be a pleasant experience. We offer numerous adult and youth programs for your recreation enjoyment. Please let us know how we can serve you better.

Commission Members: Jyl DeJong, Ron Hulse, Scott Pitt & Aaron Fuller.

## **Special Accommodations**

If you are a person with special needs and would like information, support for accessibility of programs or facilities, please contact the Recreation Director at 641-828-0580. It is the responsibility of an individual with special needs requiring accommodations to inform the Recreation Director when signing up for a program or an event.

## **Inclement Weather Policy**

Cancelling fitness classes is something we try to avoid, but for the safety of our instructors, members and guests we have established this policy: The Recreation Center will follow the delay/cancellation decisions of Knoxville School District. If school is cancelled, or on two hour delay, all morning classes and early morning lap swim will be cancelled. For evening classes and programs if an early dismissal is called, we will reach a cancellation decision by 3:30pm. Severe thunderstorms also can affect our water activities as well. If lightning has been spotted in our area we will have to clear the pool. Cancellations will be posted on Facebook, KNIA and VIP text messaging.

## **Corporate Discounts**

We offer corporate membership rates for annual passes. With as few as 5 employees, your company will qualify for discounted membership rates. Be sure to check at the front desk to see if your employer qualifies.



<b>Membership Benefits</b>	<b>3</b>
Cardio Room - Circuit Room - Fitness Classes – Gymnasium - Racquetball Court Weight Room	
<b>Personalized Fitness</b>	<b>4</b>
Exercise Orientation – KaPow - Wellness Assessment - Personal Training	
<b>Aquatics</b>	<b>5-9</b>
Open Swim - Lap Swim - Sauna & Whirlpool - Wading Pool - Swim Team Private Swim Lessons - Private Swim Team Coaching - Red Cross Lifeguard Course Swim Level Descriptions - Group Swim Lessons	
<b>Youth Programs</b>	<b>11-14</b>
Basketball – Soccer - Tae Kwon Do - Coed Volleyball Camp - Youth Flag Football - Blast Ball - Tennis Lessons	
<b>Adult Programs</b>	<b>15-16</b>
Tae Kwon Do - Flag Football - Mixed Volleyball Leagues - Adult Co-Ed Softball Indoor Basketball - Power Volleyball	
<b>Running Events</b>	<b>17</b>
Turkey Trot - June Jog	
<b>Fitness Challenges</b>	<b>18</b>
Color Me Fit – TRX – 343 – Holiday Fit Fair - Summer Sweat	
<b>Rental Information</b>	<b>19</b>
Facility Rental - Softball Field Rental - Soccer Field Rental - Birthday Party Rental	
<b>City Department Phone Numbers</b>	<b>20</b>
Recreation Center – Knoxville Public Library – City Hall – Street Shop – Police - Fire Department	

# Membership Benefits

There are several options for membership at the Recreation Center. Family passes include children you claim on your taxes (children 4 and under are free). You can take advantage of one month, three month, six month or annual memberships. Stop by the front desk or visit our webpage for a complete breakdown of member price options at [www.knoxvilleia.gov](http://www.knoxvilleia.gov)

## Cardio Room

Our cardio room features a rowing machine, Cybex arc trainers, Cybex arc trainers with upper body action, recumbent bike, upright bikes, and treadmills all equipped with cardio vision.

## Circuit Room

The circuit room offers additional workout space to utilize kettlebells, medicine balls, battle ropes, TRX trainers or small weight equipment as part of your workout routine.

## Fitness Classes

We offer a variety of classes throughout the week. Registration is not required, join us anytime for class! Fitness class schedules update monthly, so be sure to ask the front desk staff or visit [www.knoxvilleia.gov](http://www.knoxvilleia.gov) for a current schedule.

## Fitness Class Policies

- Classes are a benefit of membership or paid daily admission.
- Classes must have (3) participants to be held.
- Kid Friendly! 1<sup>st</sup> grade and up welcome in designated classes, with an adult present. Instructors reserve the right to bench the non- participating. Please see current fitness schedule to see kid friendly classes.
- Children are not allowed to run around in class or play with fitness equipment.
- Classes may be cancelled during inclement weather (see policy).

## Gymnasium

The gymnasium is available either full gym or half gym, depending on our fitness class schedule and other activities. Please check with the front desk for a calendar or go online at [www.knoxvilleia.gov](http://www.knoxvilleia.gov). The gym will be closed August 15<sup>th</sup> to 31<sup>st</sup>, 2016 for the floor to be refinished.

## Racquetball Court

Reservations may be made or drop-in to use the court. Goggles, racquets, and balls are available for check-out at the front desk.

## Weight Room

In addition to our free weight equipment, we now feature new Cybex strength stations. We offer a Life Fitness Functional trainer, Paramount squat press, along with (2) squat rack stations, barbells and dumbbells up to 120lbs.

## Personalized Fitness

### **Membership Orientation**—FREE w/ Membership

As a benefit of your membership, we will walk you through the facility and show you what we have to kick start your exercise program.

### **KaPoW (Kids and Parents on Weights)**- FREE w/ Membership

Help your 6th-8th grade student develop healthy habits by exercising together with them. Middle school age children are allowed to exercise together WITH their parent or guardian in cardio or weight rooms. Orientation is required. Please set up your appointment at the front desk.

### **Personal Training**

Working with a personal trainer can help you stay on track and achieve your fitness goals. Our certified staff will work with your scheduling needs to set up your training sessions. You can schedule a one-time session for program design or you can choose to meet with a trainer weekly. We are here to help you meet your personal goals!

Please note: Total session time may also include time spent discussing nutrition and/or time spent on program design (Membership Required)

### **Personal Training Fees**

\$16/member /30min session

\$25/member /60min session

\$35/two members /60min session

\$45/three members /60min session

### **Wellness Assessment**—\$12.00/member (per appointment)

Wellness assessments will include height, weight, BMI, body fat % and body measurements. We will also help you set an achievable fitness goal according to your weight and body fat %. Scheduling information is available at the front desk.



# Aquatic Information

## Open Swim

Open Swim is offered at various times throughout the year. Please check with the front desk for a monthly pool calendar. Beginning June 2016 open swim will be daily 1-4pm.

## Lap Swim

Lap swim is offered at various times throughout the year. Please check with front desk for a monthly pool calendar!

## Sauna and Whirlpool

Sauna and Whirlpool are open during adult open swim, open swim, lap swim and water fitness classes.

## Wading Pool

The wading pool is open during open swim, adult open swim and lap swim.

## Swim Team

Knoxville Swim Team works hard to compete with area teams. Swim team is a competitive form of exercise and offers a GREAT total body workout. Swim meets will be scheduled on Saturdays during the fall/winter months and Tuesdays during the summer months. Go Stingrays!

*Family Discount: Half price discount will be applied for the third child registered in same category. (member or non-member)*

## Fall/Winter 2015-2016

**Ages:** 6yrs-18yrs

**Fee:** \$77.00/member or \$121.00/non-member

Register by: November 6, 2015  
Dates: November 2015 - February 2016  
Practices: Mon/Wed/Fri 4:00 - 6:00pm  
Regional Fee: \$21.00 per qualified swimmer

## Summer 2016

**Ages:** 6yrs-18yrs

**Fee:** \$70.00/member or \$113.00/non-member

Register by: June 10, 2016  
Dates: June/July 2016  
Practices: Mon/Wed/Fri 4:00 - 6:00pm



# Aquatic Information

## Private Swim Lessons

Private Swim Lessons (30 minute sessions)—\$13/child or \$18/two children in same family

## Private Swim Team Coaching Lessons

(45 minute sessions)—\$23/child or \$33/two children in same family

## Red Cross Lifeguard Course

(Minimum: 5 participants Maximum: 10 participants)

The lifeguard course is offered for those who are 15 years and older. You will be required to complete 13 hours of pool time and 13 hours of classroom time. Lifeguards who wish to re-certify only need to attend on days that will be outlined by the instructor in the detailed letter which is available at the front desk.

Dates: May 2016  
Fee: \$165.00/person





# Aquatic Information

## Swim Level Descriptions

### Aquatots—Ages 1-3

Parent or adult must participate in the class with the child. Introduce your little one to the aquatic environment.

### PS/Kindergarten—Ages 3-5

Helps child be more comfortable in 3ft of water, without parent and start to gain basic water skills.

### Level 1—Ages 5 yrs and older

Will perform water skills in 3ft of water. Your child will learn to float and swim independently, front and back crawl.

### Level 2\*

Skills performed independently in 4-5ft of water. Your child will practice various floats, treading water and swimming farther distances using the front and back crawl.

### Level 3\*

Skills will be performed in 5-10ft of water. Students will learn rotary breathing, sidestroke kick, elementary backstroke and be expected to swim 30ft continuously.

### Level 4\*

Skills performed in 10ft of water. They will learn to perfect 6 strokes and tread water for 2 minutes.

### Level 5\*

Skills performed in 10ft of water. They will work on 6 stroke refinements, swimming and skill proficiency.

\*Prerequisite: Complete and pass previous level. (Determined by WSI instructor)



# Aquatic Information

## Swim Lessons

*There will not be make up classes due to weather cancellations or absences.*

- Lessons held Tuesday/Thursday evenings @ the Recreation Center.
- Minimum of 4 and Maximum of 8 in each level

### September 2015

Fee: \$28.00

Register by: Friday, August 28, 2015  
Dates: September 1 - 24, 2015  
Time: 5:50 - 6:20pm (Pre-K, Level 3)  
6:25 - 6:55pm (Level 1 & 2)

### October 2015

Fee: \$28.00

Register by: Friday, September 25, 2015  
Dates: October 6 - 29, 2015  
Time: 5:50 - 6:20pm (Pre-K, Level 3);  
6:25 - 6:55pm (Level 1 & 2)

### February 2016

Fee: \$28.00

Register by: Friday, January 29, 2016  
Dates: February 2 - 25, 2016  
Time: 5:50 - 6:20pm (Pre-K);  
6:25 - 6:55pm (Level 1 & 2)

### March 2016

Fee: \$28.00

Register by: Friday, February 26, 2016  
Dates: March 1 - 24, 2016  
Time: 5:50 - 6:20pm (Pre-K & Aquatots);  
6:25 - 6:55pm (Level 1 & 2)

### April 2016

Fee: \$28.00

Register by: Friday, April 1, 2016  
Dates: April 5 - 28, 2016  
Time: 5:50 - 6:20pm (Pre-K, Level 3);  
6:25 - 6:55pm (Level 1 & 2)

### May 2016

Fee: \$28.00

Register by: Friday, April 29, 2016  
Dates: May 3 - 26, 2016  
Time: 5:50 - 6:20pm (Pre-K, Level 3);  
6:25 - 6:55pm (Level 1 & 2)

# Aquatic Information

## Swim Lessons

*There will not be make up classes due to weather cancellations or absences.*

- Lessons held Monday through Friday @ the Recreation Center.

- Minimum of 4 and Maximum of 8 in each level

### 2016 Summer Session 1

Fee: \$33.00

Register by: Friday, June 3, 2016

Dates: June 6 - June 17, 2016

Time: 8:50 - 9:25am (**Pre-K Stepping Stones until May 27<sup>th</sup>**)  
9:30 - 10:05am (**Pre-K Stepping Stones until May 27<sup>th</sup>**, Level 2)  
10:10 - 10:45am (Level 1, 3 & 4)  
10:50 - 11:25am (Level 1 & 2)

### 2016 Summer Session 2

Fee: \$33.00

Register by: Friday, June 17, 2016

Dates: June 20 - July 1, 2016

Time: 8:50 - 9:25am (Pre-K, Level 1 & 2)  
9:30 - 10:05am (Pre-K, Level 2 & 3)  
10:10 - 10:45am (Pre-K, Level 1 & 3)  
10:50 - 11:25am (Level 1, 2 & 4)

### 2016 Summer Session 3

Fee: \$33.00

Register by: Friday, July 8, 2016

Dates: July 11 - July 22, 2016

Time: 8:50 - 9:25am (Pre-K, Level 1, 2 & 3) **KIDS CLUB until July 1<sup>st</sup>**  
9:30 - 10:05am (Level 1, 2 & 4) **KIDS CLUB until July 1<sup>st</sup>**  
10:10 - 10:45am (Pre-K, Level 1 & 3)  
10:50 - 11:25am (Pre-K, Level 2, 3 & 4)

### 2016 Summer Session 4

Fee: \$33.00

Register by: Friday, July 22, 2016

Dates: July 25 - August 5, 2016

Time: 8:50 - 9:25am (Aquatots, Pre-K, Level 3 & 4)  
9:30 - 10:05am (Pre-K, Level 1 & 2)  
10:10 - 10:45am (Pre-K, Level 1 & 3)  
10:50 - 11:25am (Pre-K, Level 1 & 2)

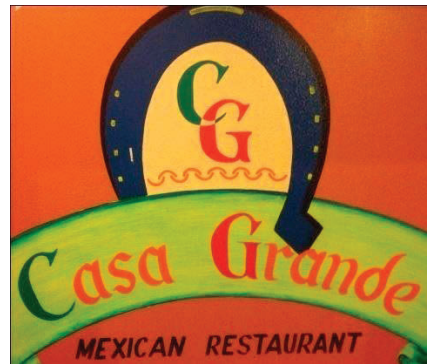


208 S. SECOND STREET KNOXVILLE, IA 50138  
**TELEPHONE 641-828-8120**  
[www.treasuredportraits.com](http://www.treasuredportraits.com)

**State Farm**



**Jay Olson**  
**641-842-2161**



**110 East Main**  
**641-842-3800**

## Youth Programs

\*Child must turn minimum age by first date of play.

\*Scheduled dates/times are subject to change.

**Code of Conduct:** Participants, parents, and volunteer team leaders are expected to exhibit appropriate behavior at all times and at all youth sports. Each volunteer team leader is required to attend the team leader meeting prior to our youth programs. Sign up as a coach for your child's team!

**Registration:** Registration can be done at the Recreation Center during business hours. Registration forms can be printed off the website and brought in. Registration is first come first serve. Registrations are accepted any time prior to the deadline.

**Payment:** All registration payments are due at the time of signup. Cash, check, credit card or debit card accepted.

**Deadlines:** *Deadlines are strongly enforced.* Please sign up for our text option (instructions on the back of this book) or watch for deadline reminders that are handed out to each child in Knoxville School District grade school.

**Refund Policy:** Refunds will not be given after the start of a program.

***\*New this year! Last page of this book is a full year list of Deadlines!\****

### Basketball

#### Youth Basketball

(2<sup>nd</sup>-3<sup>rd</sup> grades)

**Fee: \$28.00**

Recreation youth basketball provides an opportunity for kids to learn the basic offense and defense skills of the game. There will be separate leagues for boys and girls in 2<sup>nd</sup>/3<sup>rd</sup> grade. T-shirt Included.

Register by: Sunday, October 4, 2015  
Dates: October 20 - November 21, 2015  
Place: West Elementary Gymnasium  
Time: Tuesdays 5:15-7:15pm/ Saturdays 9 - 12pm

#### Youth Basketball

(K/1st grades)

**Fee: \$28.00**

Recreation youth basketball provides an opportunity for kids to learn the basic offense and defense skills of the game. Teams will be coed. T-shirt included.

Register by: Sunday, December 13, 2015  
Dates: January 9 - February 13, 2016  
Place: West Elementary Gymnasium  
Time: Saturdays 9 - 12pm

# Youth Programs

## Soccer

### Indoor Youth Soccer

**Grades K-6<sup>th</sup>**

**Fee: \$19.00**

Indoor soccer provides an opportunity for kids to brush up on skills and fundamentals prior to the outdoor spring season. Teams will be divided into divisions for: K-1st, 2nd-3rd and 4th-6th

Register by: Sunday, February 21, 2016  
Dates: March 1 - 26, 2016  
Place: Recreation Center Gymnasium  
Time: Tuesdays 6:30 - 8:30pm/Saturdays 9:30 - 11:30am

### Outdoor Youth Soccer

Recreation soccer helps kids learn the fundamentals and rules of the game. T-shirt included.

### Spring Youth Soccer

**3yrs-1st grade**

**Fee: \$26.00**

Register by: Sunday, April 3, 2016  
Dates: April 26 - May 14, 2016  
Place: Recreation Center Multipurpose Fields  
Time: Tuesdays 5 - 7pm/ Saturdays 8 - 12pm

### Fall Youth Soccer

**3yrs-1<sup>st</sup> grade**

**Fee: \$26.00**

Register by: Sunday, September 4, 2016  
Dates: September 13 - October 1, 2016  
Place: Recreation Center Multipurpose Fields  
Time: Tuesdays 5 - 7pm/ Saturdays 8 - 12pm

### Youth Soccer Camp

**3-14years**

**Fee: TBD**

Challenger Sports' British soccer camp. For more information and to register for the camp, please visit: [www.challengersports.com](http://www.challengersports.com).

Register by: June 13, 2016  
Dates: June 13 - 17, 2016  
Place: Recreation Center Multipurpose Fields  
Time: Monday – Friday between 8am -12pm

## Youth Programs

### Tae Kwon Do

**Ages: 8years and up**

**Fee: \$26.00/3months**

Tae Kwon Do is offered for our youth, adults & seniors. It is a Korean form of martial art that is one of the most popular and most participated in the U.S. Punching, blocking & sparing techniques, coupled with impressive kicking skills are at the heart of tae kwon do. Join qualified instructors Dr. Brian Lange and Mr. Walter Walker. \*8-10 years old must have adult present.

Register by: Start anytime!  
Dates: Annually  
Place: West Elementary (September – May)  
Recreation Center (June – May)  
Time: Monday 6:30 - 7:30 PM

### Co-Ed Volleyball Camp

**Grades 4<sup>th</sup>-6<sup>th</sup>**

**Fee: \$20.00**

We will teach your children the basics of the game of volleyball that will include serving, scoring and playing together as a team. Practices and drills only, no games.

Register by: Friday, October 9, 2015  
Dates: October 10th and 17th, 2015  
Place: Recreation Center Gymnasium  
Time: Saturdays, 9:30 - 10:30am

### Youth Flag Football

**Grades 1<sup>st</sup>-4<sup>th</sup>**

**Fee: \$26.00**

Learn the fundamentals of the game including blocking, passing and running basic plays. Flag football is offered for two divisions, 1<sup>st</sup>/2<sup>nd</sup> grade and 3<sup>rd</sup>/4<sup>th</sup> grade. T-shirt included.

Register by: Sunday, September 4, 2016  
Dates: September 20 - October 8, 2016  
Place: Recreation Center Multipurpose Fields  
Time: Tuesdays 5 - 7pm & Saturdays 8 -12pm



**RAMAEKER  
SCREEN PRINTING**

**641-842-4706**  
**sales@knoxvilletshirts.com**  
**www.knoxvilletshirts.com**



## Youth Programs

### Blast Ball

3yrs-5yrs

Fee: \$26.00

Blast ball is designed to introduce the concept of T-ball. Games and practices are 30 minutes long. Participants will need to supply a glove.

Register by: Sunday, May 22, 2016  
Dates: June 6 - 22, 2016  
Place: Young's Park Softball Field  
Time: Monday's & Wednesday's 5:15pm; 5:45pm; 6:15pm; 6:45pm

### Tennis Lessons

Grades 4<sup>th</sup>-8<sup>th</sup>

Fee: \$20.00

Lessons are offered for grades 4<sup>th</sup> - 8<sup>th</sup>. Lessons will meet daily for one week. Participants will need to supply a racquet. Minimum: 10 Maximum: 20

Register by: Sunday, June 12, 2016  
Dates: June 13 - 17, 2016  
Place: Young's Park Tennis Courts  
Time: Monday - Friday 8:00-9:00AM



## Adult Programs

### Tae Kwon Do

**Ages: 8years and up**

**Fee: \$26.00/3months**

Tae Kwon Do is offered for our youth, adults & seniors. It is a Korean form of martial art that is one of the most popular and most participated in the U.S. Punching, blocking & sparing techniques, coupled with impressive kicking skills are at the heart of tae kwon do. Join qualified instructors Dr. Brian Lange and Mr. Walter Walker. \*8-10 years old must have adult present.

Register by: Start anytime!  
Dates: Mondays  
Place: West Elementary (September – May)  
Recreation Center (June – May)  
Time: 6:30 - 7:30 PM

### Adult Flag Football

**18 and older**

**Fee: \$77.00 per team**

Gather your friends and come play some 7v7 flag football. Roster forms will be available at the captain's meeting. Minimum: 4 teams Maximum: 8 teams.

Register by: Sunday, August 21, 2016  
Dates: September 2016  
Place: Recreation Center multipurpose fields  
Time: Mondays/Wednesdays 5:15 and 6:15pm

### Mixed Volleyball Leagues

Mixed (co-ed) volleyball leagues are played at the Recreation Center on Thursday evenings throughout the year.

#### Fall Season(8 games)

**High school and older**

**Fee: \$98.00**

Register by: Sunday, October 4, 2015  
Begins: Thursday, October 15

#### Winter Season(8 games)

**High school and older**

**Fee: \$98.00**

Register by: Sunday, December 20, 2015  
Begins: Thursday, January 14

#### Spring Season(6 games)

**High school and older**

**Fee:\$74.00**

Register by: Sunday, March 6, 2016  
Begins: Thursday, March 17

## Adult Programs

### Adult Co-Ed Softball

18 and up

Fee: \$103.00 per team

Gather up five guys AND five girls and "Let's Play Ball!" Young's Park has recently upgraded the infield, fencing and dugouts and we're ready to play!

Register by: Sunday, April 17, 2016  
Dates: Season begins in May  
Place: Young's Park Softball Field  
Time: Mondays and Thursdays TBD

### Power Volleyball

Fee: Members free

Non-members \$5.00

Drop in games to play power volleyball are available to high school and adults at the Recreation Center. No need to register, just drop in and play.

Register by: No need to register!  
Dates: November 2015-February 2016  
Place: Recreation Center Gymnasium  
Times: Wednesdays, 6:30 - 8:30pm

**KNIA - 1320 AM**  
**95.3 FM**

**92.1 FM - KRLS**

*Today's News & Local Information*

[www.kniakrls.com](http://www.kniakrls.com)

Download our Free Apps



**MCKAY**  
INSURANCE &  
FINANCIAL SERVICES

106 EAST MAIN STREET  
KNOXVILLE, IA 50138

(641) 842-2135 [www.mckayinsagency.com](http://www.mckayinsagency.com)



## Running Events

### Turkey Trot

All ages

Fee: \$5.00

Join us for the 25th Annual Turkey Trot on Thanksgiving morning 2015. The prediction race is held regardless of weather. Watch for registration information at the Recreation Center. Registrations WILL be accepted on race day.

Register by: Before or day of race!  
Date: Thursday, November 26, 2015  
Place: Recreation Center  
Time: Registration begins at 8:00am  
Prediction Race begins at 9:00am



### June Jog

All ages

Fee: \$8.00 (2mile) \$25 (5k)

This 2 mile and 5k run is fun for the entire family. Be sure to check registration deadlines so you are sure to reserve your race shirt!

Register by: June 1, 2016 to receive a t-shirt  
Date: June 11, 2016  
Place: Recreation Center  
Time: Check-in 7:00am  
Race begins at 8:00am



For All of Your Healthcare Needs, Choose:



Hospital (641) 842-2151 Clinic (641) 842-7211

## Fitness Challenges

### Color Me Fit

**Ages: High school and up**

**Fee: Members only**

The Recreation Center offers numerous fitness classes throughout the week. Attend all seven color coded classes listed on fitness calendar for September & October and earn your seven different colored bracelets. Collect all seven colors to earn a free wellness assessment! Assessments include height, weight, body fat %, body mass index, body measurements, and assessment of your fitness goals. Must be a member of the Center to qualify for free assessment.

Dates: September/October fitness calendar

Time: Check times listed on fitness calendar

### TRX

**Ages: High School and up**

**Fee: \$10.00**

For the month of November learn how to perform basic moves with TRX suspension system. For a 30 minute session you will learn the basics and receive a program set up you can do on your own. By appointment only. Maximum of 6 people in each session.

Dates: November 1 - 30, 2015

### Three for Three (343)

**Ages: Adult and up**

**Fee: Free to members**

Attend 3 fitness classes per week for 3 weeks! All members who complete this challenge will receive a prize and enter a drawing for a FREE personal training session!

Dates: November 30 - December 18, 2015

### Holiday Fit Fair

**Ages: 1<sup>st</sup> grade and up**

**Fee: \$2.00 & hat or gloves**

Join us for our holiday fit fair! Come join our instructor elves as they take you through Santa's Circuit Village of fitness! Fee is \$2.00/person and a donation of hat or gloves!

Register by: December 12, 2015

Date: December 12, 2015

Time: 8:00-10:00am

### Summer Sweat

**Ages: High School and up**

**Fee: Free for members!**

Stay motivated during the summer! Attend 30 fitness classes between June 1 and August 12, 2016 and be entered to win a fitness filled gift basket!

Register by: June 6, 2016

Dates: June 1 - August 12, 2016

Place: Recreation Center gym or pool

Time: Check fitness calendar

## Rental Information

### Facility Rental

Entire Facility 2 hours:	\$191.00
Pool Rental 2 hours:	\$111.00
Gym Rental 2 hours:	\$ 94.00
Overnight Friday 9:30pm - 6:30am	\$361.00
Overnight Saturday 7:30pm - 6:30am	\$391.00

Extra hours may be added onto any rental, fees will be determined by Recreation Director.

All rentals require a \$100 deposit with remaining amount due the day of rental.

### Softball Field Rental

Young's Park Softball Fields are available for tournament and recreation play. Field rental fee will be determined by the Recreation Director depending on how much time needed for field preparations and number of games played. Reservations will be based on staff availability. Recreation programs will take priority over requested reservation dates. Contact Recreation Director at 641-828-0580.

### Soccer Field Rental

The Recreation Center's multipurpose fields are available for tournament and recreation play. Field rental fee will be determined by the Recreation Director depending on how much time is needed for field preparations and number of games played. Reservations will be based on staff availability. Recreation programs will take priority over requested reservation dates. Contact Recreation Director at 641-828-0580.

### Birthday Party Reservations

Celebrate your birthdays with us! Enjoy swimming and open gym time for your birthday gathering. We will reserve the meeting room for you to have space for your cake and gifts in a private area. Payment must be made at time of reservation.

Fee: \$27.00 (includes admission for up to 10 kids ages 12 and under)

*Proud Supporters of Knoxville's Recreation Center!*



**Iowa State  
Savings Bank**

*The Home of Hassle-Free Banking.*

222 East Robinson Street • Knoxville • 828.8000 • Member FDIC

Serving  
Knoxville and  
Marion County  
Since 1903!

## City of **Knoxville**

Recreation Center  
800 South Park Lane  
641-828-0580

City Hall  
305 South 3<sup>rd</sup> St  
641-828-0550

Police  
(non-emergency)  
305 South 3<sup>rd</sup> St  
641-828-0541

Waste Water Treatment Plant  
1703 E. Pleasant St.  
641-828-0587

Knoxville Public Library  
213 East Montgomery  
641-828-0585

Street Shop  
700 North Roche  
641-828-0553

Fire Department  
(non-emergency)  
305 South 3<sup>rd</sup> St  
641-828-0586

Graceland Cemetery  
102 N. Willets Dr.  
641-828-0584





## Deadline Reminders

### October

Youth Basketball	2 <sup>nd</sup> & 3 <sup>rd</sup> Grade	Sunday, October 4, 2015
Fall Mixed Volleyball	high school and up	Sunday, October 4, 2015
Co-Ed Volleyball Camp	4 <sup>th</sup> -6 <sup>th</sup> grade	Friday, October 9, 2015

### November

Turkey Trot	all ages	Thursday, November 26, 2015
-------------	----------	-----------------------------

### December

Youth Basketball	K & 1 <sup>st</sup> Grade	Sunday, December 13, 2015
Winter Mixed Volleyball	high school and up	Sunday, December 20, 2015

### February

Indoor Youth Soccer	K-6 <sup>th</sup> Grade	Sunday, February 21, 2016
---------------------	-------------------------	---------------------------

### March

Spring Mixed Volleyball	high school and up	Sunday, March 6, 2016
-------------------------	--------------------	-----------------------

### April

Spring Outdoor Soccer	3 years-1 <sup>st</sup> grade	Sunday, April 3, 2016
Adult Co-Ed Softball	18 and older	Sunday, April 17, 2016

### May

Blast Ball	3-5years	Sunday, May 22, 2016
Youth Soccer Camp	3-14years	Monday, June 13, 2016

### June

Tennis Lessons	4 <sup>th</sup> -8 <sup>th</sup> grades	Friday, June 10, 2016
June Jog	all ages	Saturday, June 11, 2016

### August

Adult Flag Football	18 and older	Sunday, August 21, 2016
---------------------	--------------	-------------------------

### September

Fall Outdoor Soccer	3years-1 <sup>st</sup> grade	Sunday, September 4, 2016
Youth Flag Football	1 <sup>st</sup> -4 <sup>th</sup> grades	Sunday, September 4, 2016

Tae Kwon Do	8years and up	join anytime
Power Volleyball	high school and up	drop in

## Building Hours

Monday - Friday 5am-9pm

Saturday 7am-7pm

Sunday 1pm-5pm

## Daily Admission:

Child 5years – 8<sup>th</sup> grade \$4.00

High school 9<sup>th</sup>-12<sup>th</sup> grade \$4.75

Senior Citizen (60yrs and up) \$5.00

Adult \$5.75

## Holiday Hours

Labor Day	September 7 <sup>th</sup> , 2015	1-5pm
Thanksgiving	November 26 <sup>th</sup> , 2015	Closed
Christmas Eve	December 24 <sup>th</sup> , 2015	5am – 3pm
Christmas Day	December 25 <sup>th</sup> , 2015	Closed
New Year's Eve	December 31 <sup>st</sup> , 2015	5am – 3pm
New Year's Day	January 1 <sup>st</sup> , 2016	Closed
Easter	March 27 <sup>th</sup> , 2016	1-5pm
Memorial Day	May 30 <sup>th</sup> , 2016	1-5pm
4 <sup>th</sup> of July	July 4 <sup>th</sup> , 2016	Closed

*Stay up to date on registration deadlines, current activities, cancellations and delays!*

VIP Text Messaging: Text 36000 (Type S856 in Message) and SEND!

Note: On occasion, programs and activities of the Recreation Center will be photographed. These photos are for department use and may be duplicated for program guides, flyers, brochures, website and other promotional material.



800 South Park Lane Knoxville, IA 50138

641-828-0580

[www.knoxvilleia.gov](http://www.knoxvilleia.gov)

find us at: Knoxville Recreation Center

**facebook**